

Here are some tips:

- If you have trouble getting your milk to "let down," try taking a warm shower, placing warm packs on your breasts or just relaxing quietly.
- If your nipples are sore and cracked, be sure all the brown part of your nipple is in baby's mouth when feeding. You and your baby need to be tummy to tummy.
- You can use Lansinoh creme or olive oil on your nipples to help them feel better.
- Tea bags can be very soothing if your nipples are sore and cracked. Just place a wet, warm tea bag on your nipples for about 5 minutes before and after you feed your baby.
- Rub a little breast milk on your nipples and let it dry. Let your nipples stay open to the air after you feed your baby.

Questions or Problems?

OB Ward at the Hospital

Public Health Nurses

Local Hospital/Clinic

Local WIC (Woman, Infants, and Children) Office

Tribal Diabetes Program

Johns Hopkins Department

***Congratulations,
you are giving your baby
the very best
possible start in life!***



November 2005

(Breast Feeding) BF-BB,BC,L

Breast Feeding



**Easy
Free
Healthy
Safe
Smart**



Breastfeeding is good for your baby. Your baby will have:

- Less allergies
- Less illness, tooth decay, and ear infections
- Less risk of SIDS (sudden infant death syndrome) or crib death
- Less chance of getting diabetes in the future
- Better teeth and jaws
- Less stomach upset
- Less diarrhea, constipation and diaper rash

Breastfeeding is good for you in these ways:

- Less chance of getting breast cancer
- Less chance of getting cancer of the ovaries
- Less chance of getting osteoporosis (weak bones)
- It will be easier to loose weight
- Decreases post partum bleeding
- Delays your period, but you will still need to use birth control!
- Allows you to spend more quality time with your baby

Breastfeeding is easier than formula feeding.

- Your milk is always ready
- It is always warm and ready to serve
- Your baby can eat anytime
- Less work for you—No bottles to wash or formula to prepare
- You do not have to go to the store and buy formula. You will save money
- If you plan to go back to work, you can pump and store breast milk for your baby
- You can even freeze breast milk for up to 6 months

**When you care enough to
give the very best, give
your baby breastmilk!**

**Breastfeeding babies will
make a healthier future!**